

# **ADVANCED GASTROENTEROLOGICAL ASSOCIATES**

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## **Colonoscopy Preparation**

**You must follow a clear liquid diet ALL DAY before procedure until midnight**

<b>Food Group</b>	<b>Food Allowed</b>
Fruits juices	Apple and white grape juices
Beverages	Tea, clears carbonated sodas, Gatorade, Kool-Aid (none with red or purple dye) Strained lemonade, water.
Coffee	One cup (black). NO MILK OR CREAMER
Soups	Clear broth, bouillon
Dessert/Sweets	Popsicles, flavored ices, flavored gelatin, hard candy (none with red dye).
Seasoning	Salt, lemon juice

## **Magnesium Citrate 10 Fl Oz**

(Not prescription needed)

You will be drinking a total of 3 bottles of this medication. Please, read and follow these instructions:

### **On the day before your procedure:**

- Drink one (1) bottle at 3:00 p.m.
- Then, repeat the same process at 10:00 p.m. taking a second bottle of the medication.

### **On the same day of the procedure:**

- At 4:00 a.m. drink the third bottle of Magnesium Citrate 10 Fl Oz.

If you have any questions feel free to call the office at 407-566-0700. If you experience vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation. If you are unable to finish the remainder of the bowel preparation due to vomiting, call the office.